

Tobacco Tid-Bits

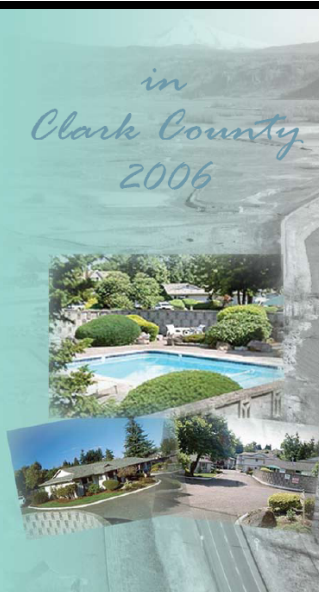
Tobacco Free Coalitions of Clark County and Skamania County
Clark County Public Health • Tobacco Prevention and Education Program

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<http://www.clark.wa.gov/health/tobacco/tidbits.html>

July 2006

Guide to Smoke-free Housing



Smoke-free Housing in Clark County

The Secondhand Smoke Task Force and the Tobacco Prevention and Education Program at Clark County Public Health are excited to introduce, "hot off the press," the *Guide to Smoke-free Housing in Clark County*. This hard copy guide, which is also available in Spanish, is a listing of apartments, duplexes and rental homes with policies prohibiting or limiting smoking inside of the units. "Because the home is the place where children are most exposed to secondhand smoke and a major location of secondhand smoke exposure for adults, it is important that renters are equally protected from SHS", according to Theresa Cross, health educator at Clark County Public Health and chair of the SHS Task Force. This guide, along with [Hous-](#)

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[ing Connections Web site](#) can help families locate a rental home where they will not be exposed to SHS. In addition to the guide, a survey of rental tenants in Clark, Clackamas, Multnomah and Washington counties by Campbell-DeLong Resources, Inc. in Portland was conducted in late June. The purpose of the survey was to assess the attitudes, desires, assumptions and preferences of tenants regarding methods to limit or prohibit smoking around multi-family apartments. This survey was done as part of a larger project done in partnership with the American Lung Association of Oregon, Multnomah County Health Department, and Clark County Public Health. The goal of the project is to develop strategies to reduce SHS exposure in multi-unit housing in the 4-county metro area. For copies of the *Guide to Smoke-free Housing in Clark County*, more information on the survey of tenants, or information on reducing SHS exposure in rental housing, contact [Theresa Cross](#): 360.397.8000 x 7378.

The Clark County Health Department Has a New Name

"Clark County Public Health" is the new name for the former Clark County Health Department. The Board of Clark County Commissioners, acting as Board of Health, approved the name change along with a four-year strategic plan. Public Health personnel spent 10 months gathering feedback from focus groups, clients, the general public, staff, the Public Health Advisory Committee and other community stakeholders. The plan will guide Clark County Public Health activities during the next four years. The plan's initiatives include strengthening infrastructure to improve accountability, efficiency and effectiveness, anticipating and responding to health threats, promoting healthy environments that protect human health and safety, improving health care quality and access through collaborating with community partners and stakeholders, and supporting good health by launching and leading team-based health promotion initiatives that address every stage of life. "Having a plan in place will enable us to respond to opportunities that come our way with greater discipline and focus. It's a roadmap for our future and an exciting time for our department," said John Wiesman, Clark County Public Health Director. "The new name is in keeping with our strategic plan as it suggests our focus on prevention and community service." To read the complete strategic plan, visit <http://www.clark.wa.gov/health/> and click on "Strategic Plan."

Health Care Clinic Opens in North Bonneville

The North Bonneville will soon have a new health clinic serving the needs of five Southwest Washington Indian tribes and acting as a training center for nurses. Nontribal members without health insurance or ability to pay will also be welcome in the new North Bonneville Community Nursing Center, officials said. Members of the tribes will have preference in treatment, but all comers will receive service, regardless of racial heritage. Founded by the six-year-old Southwest Washington Tribal Health Alliance, the clinic will be staffed by a nurse practitioner, a community health nurse, a receptionist and a cadre of student nurses. The student nurses will be from the Oregon Health & Science University School of Nursing and its Center for Health Disparities Research and from Washington State University Vancouver, said Dan Peterson, project manager. The five sponsoring tribes in the alliance are the Nisqually, Shoalwater Bay, Chehalis, Chinook and Cowlitz. The alliance has been working for three years with OHSU to provide mental health and general medical care through clinics in Vancouver, Longview, Raymond and Chehalis. A sixth clinic is planned near Long Beach. Unlike the new North Bonneville facility, none of the existing clinics is a nurse training center. Scheduled to open later in July, the clinic will also be the community's first medical facility. The closest clinic now is 7 miles east in Stevenson. ([6/4/06 issue of The Columbian](#))

Tobacco Sales to Teens Remain Low

Teens attempting to buy tobacco products are turned down by most local retailers, according to reports from Clark County Public Health and Skamania County Health Department. Between December 2005 and June 2006, 156 tobacco retailers in Clark County were checked by teen volunteers working with Public Health employees. Ten percent of these retailers sold tobacco to underage teens. Keeping the sales rate to minors at or below 20% is required by federal law. Over the past three years, sales to minors ranged between 5% and 8% of those retailers checked. "While this isn't a significant increase in sales to underage teens, we know it's important to continue monitoring retailers to ensure they are not selling to minors," said coordinator Long Vue, a health educator with Clark County Public Health. In Skamania County 14 tobacco retailers were checked by teen volunteers working with Health Department employees. Three, or about 21% of these retailers sold tobacco to underage teens. Over the past three years, sales to minors ranged between 3% and 23% of those retailers checked. "Last year, every store we checked in Skamania County complied with the law and did not sell to teens. Having 3 stores sell this year indicates we need to continue monitoring and educating to reduce non-compliance to below the required 20%," said Vue. Misreading the teens' ID cards, failing to correctly calculate their age, and not checking the ID at all are why store clerks sold to minors. Store management and clerks can receive free training and materials to help them understand and comply with the law. Contact: [Long Vue](#) 360.397.8214.

2006 Smoking Rates In Clark and Skamania Counties Down

According to the 2006 fact sheet created by the Washington State Department of Health, recent survey data indicates that 21.2% of adults in Clark County smoke cigarettes. Last year 1,198 people in Clark County called the Quit Line. The following statistics apply to youth that are currently smoking cigarettes:

- 6th grade: 1.9% in Clark County, and 2.0% statewide
- 8th grade: 7.1 % in Clark County, and 7.8% statewide
- 10th grade: 14.1% in Clark County, and 13.0% statewide
- 12th grade: 19.7% in Clark County, and 19.7% statewide

About 13.6% of pregnant women in Clark County smoke during pregnancy, compared to 10.2% statewide. About 740 infants are born each year in Clark County to mothers who smoke during pregnancy.

In Skamania County about 22.4% of adults smoke cigarettes. Last Year 29 people from Skamania County called the Quit Line last year. Almost 21% (20.8%) of women who gave birth in Skamania County between 2000-2004 smoked while they were pregnant. This represents approximately 20 births per year. Youth smoking rates were not reported because fewer than two school districts participated in the survey at the required rate. (WA State Department of Health, Tobacco Prevention and Control 5/23/06).



New Surgeon General's Report Focuses on the Effects of Secondhand Smoke

U.S. Surgeon General Richard H. Carmona issued a comprehensive scientific report on June 27 which concludes that there is no risk-free level of exposure to secondhand smoke. Nonsmokers exposed to secondhand smoke at home or work increase their risk of developing heart disease by 25 to 30% and lung cancer by 20 to 30%. The finding is of major public health concern due to the fact that nearly half of all nonsmoking Americans are still regularly exposed to secondhand smoke. The report, *The Health Consequences of Involuntary Exposure to Tobacco Smoke*, finds that even brief secondhand smoke exposure can cause immediate harm. The report says the only way to protect nonsmokers from the dangerous chemicals in secondhand smoke is to eliminate smoking indoors. "The report is a crucial warning sign to nonsmokers and smokers alike," HHS Secretary Michael Leavitt said. "Smoking can sicken and kill, and even people who do not smoke can be harmed by smoke from those who do." Secondhand smoke exposure can cause heart disease and lung cancer in nonsmoking adults and is a known cause of sudden infant death syndrome (SIDS), respiratory problems, ear infections, and asthma attacks in infants and children, the report finds. For more details log on to: <http://www.hhs.gov/news/press/2006pres/20060627.html>

Get Ready for the American Cancer Society Relay for Life



The American Cancer Society (ACS) Relay for Life of West Vancouver is coming up on Saturday, July 22 and Sunday, July 23 10 AM - 10 AM (24-hour event) at Columbia River High School, Vancouver. So far, 135 teams have registered for the overnight relay. The Opening Ceremony will begin at 10:00 AM on Saturday with guest speakers Vancouver Mayor Royce Pollard and Helen Raptis, co-anchor of AM Northwest on KATU-Channel 2 TV. Helen is a cancer survivor. There will be a HOPE Sparks Silent Auction from 7:00 - 9:30 PM and a luminaria ceremony at 11:00 PM. There are typically over 4,000 luminaria bags at this Relay. This part of the Relay typically raises over \$45,000 for ACS. Last year this Relay raised \$365,000 and the goal this year is \$450,000. There will also be a Cancer Survivor Celebration, where survivors take the first lap around the track. A luncheon sponsored by the Outback Steakhouse and other survivor activities round out the day. For more information visit the Relay for Life of West Clark County home page at: <http://www.kintera.org/faf/home/default.asp?ievent=141950> or contact: Wendy.Fisher@cancer.org 503.795.3922 if you want to register a team. The [Battle Ground Relay for Life](#) will take place August 19-20 from 10 AM - 10 AM at Battle Ground high School. [See Calendar](#).

Be a Tobacco-Free Team!



Through a new partnership with the Washington State Youth Soccer Association (WSYSA), the Washington State Department of Health has developed a Tobacco-Free Team program for soccer teams to adopt across Washington. Reaching youth early on about the dangers of tobacco use can help them remain tobacco-free for life. About 45 youth start smoking everyday in Washington state, and many of today's teenage smokers will continue to smoke as adults - in fact, seven out of 10 adult smokers in Washington were regular smokers by the age of 18. If you are a player or parent who wants to be part of a Tobacco-Free Team, tell your team's coach about this new program. If you are a coach, signing up your team is easy. Sign up your team at SeeThruTheSmoke.com. Or click on the Tobacco-Free Teams link at wsysa.com. Teams will receive packets that include: information on how to adopt tobacco-free policies with your team and on the field, Tobacco-Free Team patches for players' uniforms, coach lanyards and a Tobacco-Free Team proclamation. Teams can download tobacco-free game signs from SeeThruTheSmoke.com. Once your team has received the Tobacco-Free Team packet and has pledged to be tobacco-free, return to SeeThruTheSmoke.com. You can enter your team to win one of seven regional, end-of-the-year soccer celebrations. If you are not associated with a WSYSA team and would like your team to be a Tobacco-Free Team send them a message at info@seethruthesmoke.com and let them know.



First Warning Sign of Cancer.

Spit Tobacco: Not a Safe Alternative.

Washington State Department of Health

Tobacco Quit Line
877-270-STOP (7867)
QUITLINE.COM

Newsletter Provides Overview of Tobacco Control Progress

The *Tobacco Control Tribune* is a monthly e-newsletter published by the American Lung Association and devoted to tobacco control issues. It helps keep readers apprised of trends, events and happenings in the world of tobacco control and prevention at the local, state, national and international level. The Tribune will include articles on recent events, ongoing initiatives, and upcoming issues to watch for. The e-newsletter is supported by a grant from the Robert Wood Johnson Foundation in Princeton, New Jersey. To subscribe to the *Tobacco Control Tribune*, just click on to: www.lungnews.kintera.org.



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American Cancer Society SpeakOUT Summer Summit 06

August 8-11 - American Cancer Society SpeakOUT Summer Summit 2006

SpeakOUT Summer Summit is an annual advanced youth leadership training where high school aged participants learn how to mobilize their peers and communities around the issues of tobacco prevention and school health advocacy in a fun and interactive environment! The American Cancer Society covers all costs associated with the event. Youth who have attended SpeakOUT Workshops, past SpeakOUT Summer Summits or served in a leadership role within a high school tobacco or school health focused youth coalition for one or more years are invited to apply. The SpeakOUT Summer Summit will take place in Auburn, Washington. If you are interested you must request an application packet by contacting: Amber Talbert, e-mail Amber.Talbert@cancer.org or call 800.729.1151 x 104.

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Newsletter Contacts:

- [Editor, Kimberly Nelson](#)
- [Tobacco Free Coalition of Clark County](#)
- [Tobacco Free Coalition of Skamania County](#)
- [Clark County Public Health Tobacco Prevention and Education Program](#)
- [Washington State Department of Health Tobacco Prevention and Control Program](#)
- [Subscribe to this Newsletter](#)



Send photos of your tobacco-related event to:
TobaccoTidbits@comcast.net

Calendar of Events

- 7/6 Secondhand Smoke Task Force** meeting, 1:30-3 PM, Clark County Center for Community Health, 3rd floor.
Contact: [Theresa Cross](#), 360.397.8000 x 7378
- 7/6 Washington State Department of Health Cessation Conference call**, 11 AM-12 noon.
Contact: [James Lanz](#): 360.397.8416
- 7/8 Saturday in the Park**, Noon– 6 PM - GLBT Pride Celebration featuring a Tobacco Cessation booth.
Info <http://www.sitppride.org/>
- 7/22-23 Relay for Life - Vancouver**, 10 AM –10AM, Columbia River High School. Contact: Wendy.Fisher@cancer.org
503.795.3922. Info: <http://www.kintera.org/faf/home/default.asp?ievent=141950>
- 8/19-20 American Cancer Society Relay for Life - Battle Ground**, 10 AM –10AM, Battle Ground High School.
Contact: Wendy.Fisher@cancer.org 503.795.3922. Info: <http://www.volunteermatch.org/opps/opp227598.html>

Please [let us know](#) about your tobacco related events so we can post them here.

Tobacco Prevention and Cessation Related Web Links

- [Action on Smoking and Health](http://www.ash.org) - Everything for people concerned about smoking and nonsmokers' rights, smoking statistics, quitting smoking, smoking risks, and other smoking information: www.ash.org
- [Americans for Nonsmokers' Rights](http://www.no-smoke.org) - Leading national organization dedicated to nonsmokers' rights: www.no-smoke.org
- [American Legacy Foundation](http://www.americanlegacy.org) - A national, independent public health foundation located in Washington, D.C., the foundation develops national programs that address the health effects of tobacco use: www.americanlegacy.org
- [Campaign for Tobacco Free Kids](http://www.tobaccofreekids.org) - Fighting to free America's youth from tobacco and to create a healthier environment: www.tobaccofreekids.org
- [CHAMPSS](http://www.champss.org), Children Helping And Motivating Parents to Stop Smoking - Provides kids with tips on how to talk to their parents about quitting smoking, and offers educational materials and other information they will need to support their parents through a quit attempt: www.champss.org
- [Chewfree.com](http://www.chewfree.com) - A Web site designed to help people quit using chewing tobacco or snuff (smokeless tobacco): www.chewfree.com
- [O2 Magazine](http://www.seethruthesmoke.com/o2magazine/index.html) - A publication designed by Washington teens to discuss their efforts at fighting tobacco and showcase their creative talents with feature stories original artwork and photographs: www.seethruthesmoke.com/o2magazine/index.html
- [Tobacco Fact Clipboard](http://www.americanlegacy.org/factclipboard) - The American Legacy Foundation has compiled a wide range of tobacco, smoking, and health-related facts in a single, easy to use database: www.americanlegacy.org/factclipboard
- [SecondHandSmokesYou](http://www.secondhandsmokesyou.com) - Washington State Department of Health information on the revised Clean Indoor Air Act (RCW 70.160) that went into effect 12/8/05: www.secondhandsmokesyou.com
- [SeeThruTheSmoke.com](http://www.seethruthesmoke.com) - A Washington State Department of Health web site where you can find facts and information about the dangers of tobacco, interactive features, ways to get involved in the real-world, news stories, contests and much more: www.seethruthesmoke.com
- [Smoke-Free Environments Law Project](http://www.tcsq.org/sfelp/apartment.htm) - includes detailed information on reasons why smoke-free apartments make sense for landlords and tenants and are in conformity with the law. Lists methods of addressing the issue and links to other Web resources: <http://www.tcsq.org/sfelp/apartment.htm>
- [SMOKEFREE Network](http://www.SMOKEFREE.net) - Site aimed at winning the right to breathe smoke-free air, facilitating communication among smoke-free advocates and key decision makers and sharing information about the tobacco industry: www.SMOKEFREE.net
- [Smoke-Free Pregnancy Resource](http://www.smokefreefamilies.org) - A national program supported by The Robert Wood Johnson Foundation working to discover the best ways to help pregnant women quit smoking and spread the word about effective, evidence-based treatments: www.smokefreefamilies.org
- [Tobacco Scam](http://www.TobaccoScam.ucsf.edu) - Know a restaurant that needs convincing to go smoke free? Have them get the facts about the benefits of going smoke-free at: www.TobaccoScam.ucsf.edu
- [Tobacco Quit Line](http://www.QuitLine.com) - A cessation specialist will provide free one-on-one counseling and a customized quit plan to help you kick the habit for good. Listen to a sample call at: www.QuitLine.com
- [Tobacco Prevention Resource Center](http://www.tobaccoprc.org) (TPRC) - provides training and technical assistance to Washington State Department of Health tobacco prevention and control contractors and other key stakeholders. Operated by ESD 112 in partnership with the network of nine ESDs in Washington State. www.tobaccoprc.org
- [The Tobacco Technical Assistance Consortium](http://www.ttac.org) (TTAC) is an independent, nonprofit organization dedicated to assisting organizations in building and growing highly effective tobacco control programs: www.ttac.org

Links to external resources are provided as a public service and do not imply endorsement by the Clark County Health Department.